

DINNERLY



Low-Cal Caramel Chicken with Steamed Green Beans & Rice



20-30min



2 Servings

Knock, knock. Who's there? Ginger. Ginger who? Ginger Caramel Chicken, that's who! We've brought the takeout to your door, and you don't even need the extra cash on hand for a tip. Sweet, tangy ginger-caramel sauce coats tender chicken and green beans and spills deliciously over a bed of jasmine rice. This dish might just have you rethinking your relationship with your favorite delivery guy or gal. We've got you covered!

WHAT WE SEND

- 5 oz jasmine rice
- 1 oz fresh ginger
- ½ lb green beans
- 10 oz pkg boneless, skinless chicken breast
- 2 (½ oz) tamari soy sauce ⁶

WHAT YOU NEED

- kosher salt & ground pepper
- neutral oil
- apple cider vinegar (or white wine vinegar)
- ¼ cup sugar

TOOLS

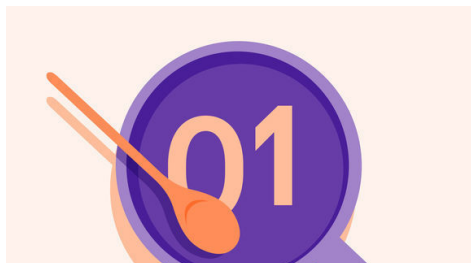
- small saucepan
- medium skillet

ALLERGENS

Soy (6). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

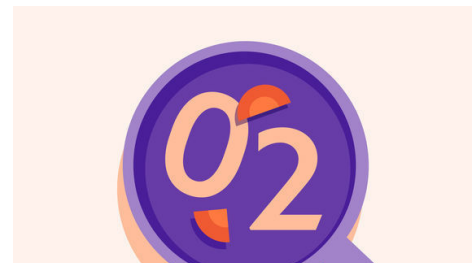
NUTRITION PER SERVING

Calories 610kcal, Fat 9g, Carbs 91g, Protein 43g



1. Cook rice

In a small saucepan, combine **rice**, **1¼ cups water**, and **a pinch of salt**; bring to a boil over high. Reduce heat to a simmer, cover, and cook until water is absorbed and rice is tender, about 17 minutes. Keep covered off heat until ready to serve.

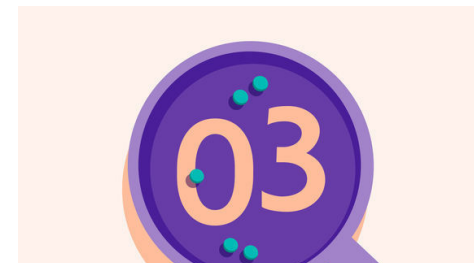


2. Prep veggies & chicken

While **rice** cooks, fill a medium skillet with a ½-inch of **water** and bring to a simmer over medium-high.

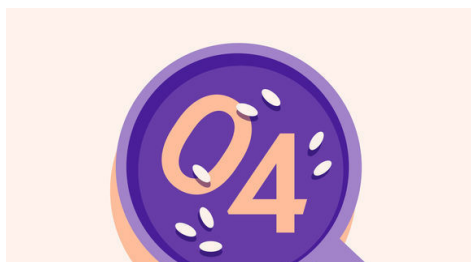
Peel and thinly slice **half of the ginger**, then stack slices and thinly slice into matchsticks. Trim ends from **green beans**.

Pat **chicken** dry, then pound to an even ½-inch thickness, if desired; season all over with **a generous pinch of salt**.



3. Steam green beans

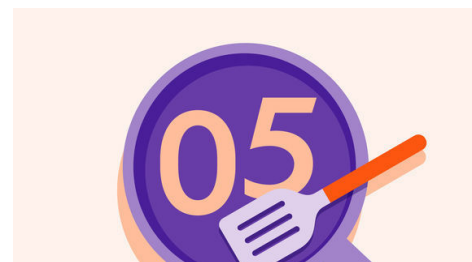
To skillet with **water**, add **green beans**, **a pinch of salt**, and **¼ of the sliced ginger**. Cover and steam until **green beans** are just tender, 2–3 minutes. Drain, transfer to a bowl, and cover to keep warm until step 5. Wipe out skillet.



4. Cook chicken, start sauce

Heat **1 tablespoon oil** in same skillet over high. Add **chicken** and cook until golden, about 2 minutes per side; transfer to a plate.

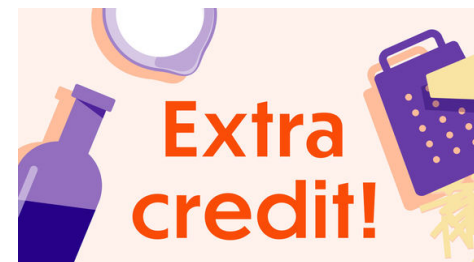
Add **remaining sliced ginger** to same skillet; reduce heat to medium-high and cook, stirring, until fragrant, about 30 seconds. Stir in **2 tablespoons each of vinegar and tamari**, **½ cup water**, and **¼ cup sugar**; bring to a rapid simmer.



5. Finish & serve

Cook **sauce** over medium-high heat until reduced to ¼ cup, 6–8 minutes. Add **chicken**; simmer until cooked through and sauce is syrupy, flipping once, about 2 minutes. Transfer to plates. Add **green beans** to skillet and toss to coat. Fluff **rice** with a fork.

Serve **caramel chicken** and **green beans** over **rice** with **any remaining sauce** spooned over top. Enjoy!



6. Did you know?

As we made the switch to becoming a paperless company at our US and Australian sites, 2.6 million sheets of paper waste was avoided in 2020. As we implement this in all our sites, it will allow us to save more than 6 million sheets of paper per year globally.